

Infection Control Instructions for Home Isolation

HAND HYGIENE

Hand hygiene refers to keeping your hands clean by washing them with soap and warm water for 15 seconds, and/or using alcohol based hand rubs. It is important to clean your hands to prevent spreading illness to other people.

Hand Washing

You should wash your hands frequently during the day, especially at the following times:

- ☐ After using the bathroom
- Before and after preparing food
- ☐ Before and after eating
- ☐ After blowing your nose
- ☐ After sneezing or coughing into your hand
- Before putting on gloves or taking off gloves
- ☐ Whenever your hands get dirty

How to Wash your Hands

1. Turn on the water and let it run until it becomes warm.
2. Use bar or liquid soap.
3. Get hands wet and apply soap.
4. Rub hands together to work up a lather.
5. Cover and rub all surfaces of the hands with the lather for at least 15 seconds.
6. Rinse hands thoroughly.
7. Dry hands with a clean paper towel.
8. Use the same towel to turn off the water.
9. Dispose of paper towel in a waste basket

Using Alcohol-based Hand Rubs

Alcohol-based hand rubs are an excellent method for cleaning hands. Use products that contain at least 60% alcohol.

How to Use Alcohol-based Hand Rubs

1. Apply the hand rub to the palm of one hand and rub your hands together.
2. Cover all surfaces of the hands and fingers; keep rubbing your hands until they are dry.

Long fingernails or artificial nails make it difficult to keep your hands clean. These persons need to either trim their nails, or pay extra attention to scrubbing underneath fingernails in order to remove dirt and germs.

GLOVES

Disposable, clean gloves should be worn whenever you might come into direct contact with the body fluids of the SARS patient. Examples of these situations include:

- ☐ touching the patient
- ☐ handling patient waste such as soiled tissues, drool, urine, stool, and vomit
- ☐ cleaning surfaces contaminated with patient waste, such as toilets, countertops, and sinks
- ☐ handling soiled laundry.

When wearing gloves, prevent the outside (the contaminated side) of the gloves from coming in contact with your skin or clothes. Remove gloves immediately after you have finished the task

that had placed you at risk of contamination. Do not reuse the gloves; instead discard them in a waste container.

Gloves are not intended to replace handwashing. Always wash your hands after removing contaminated gloves.

How To Remove Gloves Safely:

1. Grasp one of the gloves near the cuff and pull it partway off. The glove will turn inside out. It is important to keep the first glove partially on your hand before removing the second glove. This protects you from touching the outside of either glove with your bare hands.
2. Leaving the first glove over your fingers, grasp the second glove near the cuff and pull it part of the way off. The glove will turn inside out. It is important to keep the second glove partially on your hand to protect you from touching the outside surface of the first glove with your bare hand.
3. Pull off the two gloves at the same time, being careful to touch only the inside surfaces of the gloves with your bare hands.
4. Dispose of the gloves by placing them inside out in a plastic lined trash can or a plastic bag. Wash your hands immediately.



LAUNDRY

Towels and bedding should not be shared. Soiled laundry can be cleaned with an automatic washer and dryer. Always wear gloves when handling soiled laundry. Avoid shaking the laundry and carefully place it in garbage bags in order to prepare it for transport to the washing machine. Carefully remove soiled laundry from the bag and place the laundry directly into the machine. Dispose of the laundry bag in a plastic lined trash container or in another plastic bag. Remove gloves and wash your hands. Add laundry soap to the wash machine; select the desired water temperature and wash cycle. When wash cycle is complete, remove the laundry and dry it in an automatic dryer.

MASKS

SARS patients should cover their nose and mouth when coughing and dispose of tissues in a lined waste container. If possible, the patient should wear a surgical mask when others are present. If the patient cannot wear a mask, people who are in close contact with the patient should wear a mask.

How to Wear and Remove Masks:

1. Wash hands before putting the mask on.

2. Put the mask on. Make sure that the mask is worn so that it fits snugly over the face and covers the nose, mouth, as well as the chin. The metallic wire over the nose should be fixed securely over the bridge of the nose to prevent leakage.
3. The colored side of the mask should face outwards.
4. Change the mask at least daily. Replace the mask immediately if it is damaged or soiled.
5. Put used masks into a plastic bag or a plastic lined waste container.
6. Wash your hands after removing a mask.

DISHES AND EATING UTENSILS

The patient's soiled dishes should be washed in a dishwasher or by hand with warm water and soap. Wash your hands after handling soiled dishes. Washed dishes may be used by others.

HOUSEHOLD WASTE

Gloves, tissues, and other waste generated in the care of the SARS patient should be placed in a plastic bag and placed in another plastic lined container for disposal with other household waste. Wash your hands after handling household waste.

CLEANING AND DISINFECTION OF THE HOME

Clean contaminated surfaces with a household disinfectant. Disinfectants are chemicals that reduce the number of germs.

Bleach is an excellent disinfectant. Diapering surfaces, toilet seats, toilet bowls, and handwashing sinks can be safely disinfected with a solution of ¼ cup of bleach mixed with 1 quart of water. A weaker solution of ¼ teaspoon of bleach mixed with 1 quart of water may be used to disinfect other hard surfaces such as tabletops, and kitchen countertops. Do not mix bleach and ammonia. Doing so will release harmful fumes..

Disinfectant cleaners that contain phenols or quaternary ammonium compounds are also good choices in the home setting. Follow the manufacturers' instructions exactly.

Store all cleaners and disinfecting solutions away from children and away from foods. Make sure that all products are labeled.

The bathroom that is used by the patient should be cleaned and disinfected daily. Household utility gloves should be worn during the cleaning process. Wash your hands after removing the utility gloves.